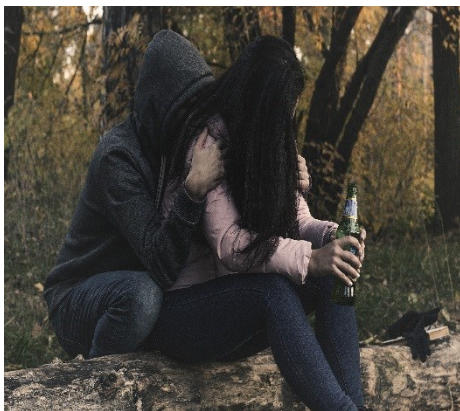


Abuse legislation regarding Coercive Control went 'live' nationally on Tuesday 29th December 2015. This carries a maximum penalty of five years' imprisonment and a fine. Coercive control is a term developed to help us understand domestic abuse as more than a "fight". It is a pattern of behaviour which seeks to take away the victim's liberty or freedom, to strip away their sense of self.



It describes the wide range of controlling acts including manipulation, intimidation, sexual coercion, gaslighting (a form of psychological abuse in which a victim is manipulated into doubting their own memory, perception, and sanity)..

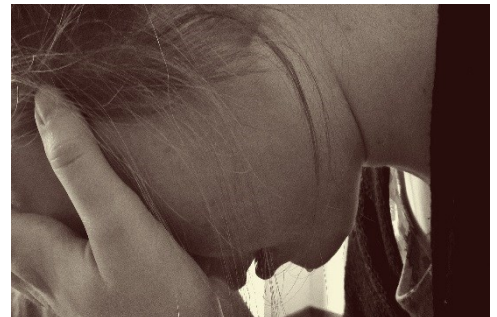


To ensure an effective response, this legislation closes a gap around patterns of coercive and controlling behaviour in relationships between: Intimate partners, former partners who still live together, family members.

This **DOES NOT** relate to a single incident: It's a purposeful pattern of behaviour that takes place over time, in order for one individual to exert power, control or coercion over another. The behaviour has a serious effect on the victim and the perpetrator knows or ought to know that the behaviour will have a serious effect on the victim.

Coercive control is exerted by a range of behaviours such as:

- Unreasonable behaviour or petty demands
- Degradation – malicious name – calling, or bullying behaviour (buying clothes that are purposefully too small)
- Restricting daily activities – isolated from support
- Threats or intimidation – if the victim doesn't comply
- Deprivation of food
- Destruction of possessions
- Deprivation of the means needed for independence, resistance or escape
- Controlling dress code
- Behavioural control
- Sexual coercion
- Remember that individual behaviours add up to a cumulative effect.



Do we know enough about coercive & controlling behaviour to recognise it? Are we clear about the impact on children of coercive & controlling behaviour?

“Not only is coercive control the most common context in which women are abused, it is also the most dangerous” – Stark 2007

RHEOLAETH DRWY ORFODAETH

Aeth deddfwriaeth camdriniaeth ynglŷn â Rheolaeth Drwy Orfodaeth yn 'fyw' yn genedlaethol ddydd Mawrth 29 Rhagfyr 2015. Mae'n cynnwys mwyafswm cosb o garchar am bum mlynedd a dirwy. Mae Rheolaeth Drwy Orfodaeth yn derm a ddatblygwyd i'n helpu i ddeall camdriniaeth domestig yn fwy nag 'ymladd'. Mae'n batrwm ymddygiad sy'n ceisio dwyn rhyddid oddi ar y dioddefwr, eu synnwyr o'u hunain.



Mae'n disgrifio'r amrywiaeth eang o weithredoedd rheoli gan gynnwys trin, dychryn, rheolaeth rywiol, golau nwy (math o gamdriniaeth seicolegol sy'n gwneud i'r dioddefwr amau eu cof, canfyddiad a challineb).



Er mwyn sicrhau ymateb effeithiol, mae'r deddfwriaeth hon yn cau'r bwloch o amgylch patrymau o ymddygiad gorfodol a rheoli mewn perthynas rhwng: Partneriaid agos, cyn bartneriaid sy'n dal i fyw gyda'i gilydd, aelodau'r teulu

NID YW hyn yn ymwneud ag un digwyddiad. Mae'n batrwm ymddygiad bwriadol sy'n digwydd dros amser, er mwyn i un unigolyn ddangos grym, rheolaeth neu orfodaeth dros rywun arall. Mae'r ymddygiad yn cael effaith difrifol ar y dioddefwr ac mae'r sawl sy'n cyflawni'n gwybod neu dylai wybod y bydd yr ymddygiad yn cael effaith difrifol ar y dioddefwr.

Mae rheolaeth drwy orfodaeth yn cael ei arfer drwy amrywiaeth o ymddygiad fel:

- Ymddygiad afresymol neu orchmynion pitw
- Diraddio – galw enwau maleisus – neu ymddygiad bwlio (prynu dillad sy'n rhy fach yn fwriadol)
- Cyfyngu gweithgareddau dyddiol – ynysu rhag cefnogaeth
- Bygythiadau neu ddychryn – os nad yw'r dioddefwr yn cydymffurfio.
- Amddifadu o fwyd
- Difrodi eiddo
- Amddifadu o'r modd sydd ei angen ar gyfer annibyniaeth, gwytnwch neu ddianc
- Rheoli cod gwisg
- Rheoli ymddygiad
- Gorfodaeth rywiol
- Cofio bod ymddygiad unigol yn ychwanegu at effaith gynyddol

Ydyn ni'n gwybod digon am ymddygiad gorfodi a rheoli i'w gydnabod? Ydyn ni'n deall effaith ymddygiad gorfodi a rheoli ar blant?

“Nid yn unig mae rheolaeth drwy orfodaeth y cyd-destun mwyaf cyffredin o ran camdrin merched, mae hefyd yr un mwyaf peryglus” – Stark 2007